

# THE TAO OF EVERYDAY LIFE

**2 DAY COURSE: Tuesday 25th - Wednesday 26th July 2017**

**10am – 4pm**

**FEE: £110**

**including lunch and refreshments**



**TUTOR: Alison Warlow**

In this course we will draw on three Chinese traditions to nurture our health and well-being (chi kung), our homes (feng shui) and the decisions we make (the I Ching). We will learn in a relaxed fashion through our bodies as well as our minds!

No previous knowledge or experience is necessary but T'ai Chi students will discover connections to their practice.

**Chi Kung** (Qigong) means 'cultivating our chi' - our energy. We will practice some simple - but deep! - physical movements which can maintain and improve our health at every level.

**Feng Shui** is the art of creating an environment in which we can flourish. We will practice applying the map of the bagua to our space - our homes, gardens, desk, office - so that we can enhance different areas of our lives.

The **I Ching** - the Book of Changes - is an ancient divination text. We will explore how to consult and interpret the I Ching as an aid to making good decisions.

Alison Warlow has been practicing Chi Kung and T'ai Chi since 1994, and teaching since 1999. She has been studying the I Ching since the 80s. She has trained in feng shui with a number of experts, including William Spear.

## **Materials Required:**

Wear loose comfortable clothing you can move about in.

Handouts will be provided, but you might want to bring pens and paper.

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